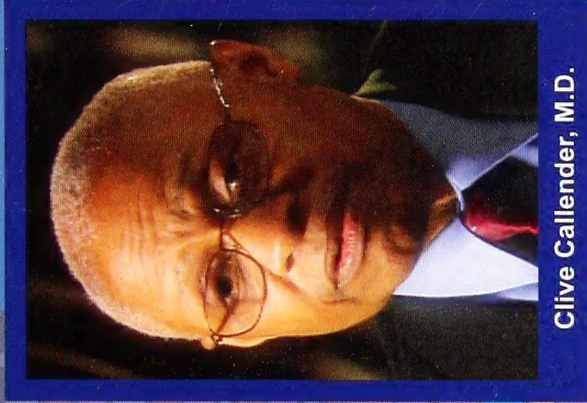
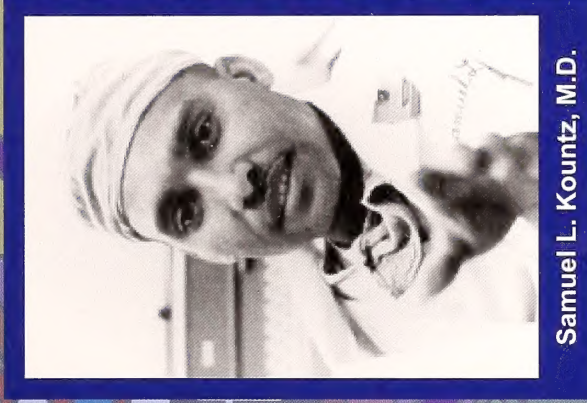


Heroes of Transplantation



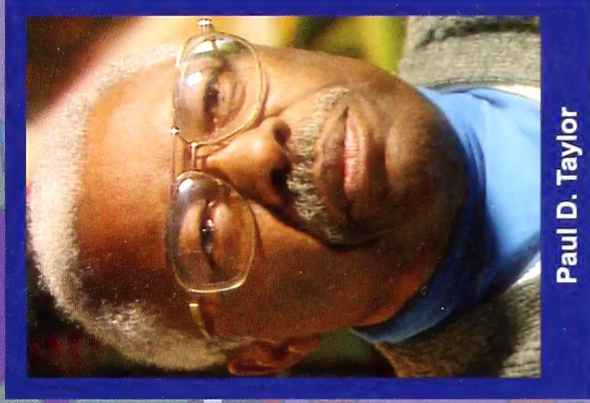
Clive Callender, M.D.



Samuel L. Kountz, M.D.



Velma Scantlebury, M.D.



Paul D. Taylor



MH08D8548

2008 Calendar



This Calendar Honors these Heroes of Transplantation

Dr. Clive O. Callender

Dr. Clive O. Callender, the Lasalle D. Leffall Professor at Howard University, succeeded the actual Dr. Leffall as chair of surgery for Howard University's Medical School in Washington, DC. As a transplant surgeon, he helped develop the first minority directed dialysis and transplant center and histocompatibility and immunogenetic laboratory. In 1991, he started the *National Minority Organ/Tissue Transplant Education Program* to increase the number of minority organ donors and to educate people about health conditions prevalent in minority populations that can lead to the need for transplantation.

Dr. Samuel L. Kountz, 1930 - 1981

Dr. Samuel L. Kountz was an assistant professor at the Stanford University School of Medicine, an associate professor at the University of California School of Medicine, and professor and chairman of the Department of Surgery at the State University of New York Downstate Medical Center, Brooklyn, NY. In 1959, he participated in the first west coast kidney transplant. He conducted research on medicines to reverse organ rejection and on tissue typing which led to increased matches between unrelated donors and recipients.

Mr. Paul D. Taylor

Mr. Paul D. Taylor, retired senior instructor in the Department of Surgery at the University of Colorado Health Sciences Center in Denver, was instrumental in the development of liver and kidney transplantation procedures and was a member of the surgical team that in 1963 performed the world's first human liver transplant. He was involved in research of anti-rejection medicines and organ preservation techniques, and promoted organ and tissue donation throughout his 35-year career in transplantation. Mr. Taylor is thought to be the world's first transplant coordinator.

Dr. Velma P. Scantlebury

Dr. Velma P. Scantlebury, professor of surgery at the University of South Alabama, Mobile, AL (USA) and director of USA's Regional Transplant Center, became in 1989 the nation's first African-American female kidney transplant surgeon. Her particular interests in transplantation include infections after transplant, pregnancy after transplant, and post-transplant outcomes in African Americans. Dr. Scantlebury recently received the National Kidney Foundation's *Gift of Life Award* for her work in transplantation among minorities.

For more information about these and other transplantation pioneers see the documentary *A Science of Miracles: The History of Organ Transplantation*. It will be appearing on Public Broadcasting Stations throughout the country beginning November 2007. The DVD will be available in 2008 from the Division of Transplantation, Healthcare Systems Bureau, Health Resources and Services Administration, Department of Health and Human Services. Contact: <http://ask.hrsa.gov> or call 1-888-ASK-HRSA (275-4772).

Celebrate Life



**Sean Elliott is a spectacular example
of the success of transplantation.**

**“As transplant recipients, we honor the gifts of life we have received and show
the world that transplantation is truly successful.” Sean Elliott, TV sports
analyst, basketball player, kidney transplant recipient, and spokesperson for
the National Kidney Foundation.**

Office of Minority Health Education Center

Knowledge Center

1601 Mission Parkway

Fresno, CA 93702

1-800-441-5972

MEMORIAL ORGAN DONOR QUILTS



New York
Organ Donor Network
Memory Quilt Panel 1



New York
Organ Donor Network
Memory Quilt Panel 2



New York
Organ Donor Network
Memory Quilt Panel 3



New York
Organ Donor Network
Memory Quilt Panel 4



New York
Organ Donor Network
Memory Quilt Panel 5



New York
Organ Donor Network
Memory Quilt Panel 6



New York
Organ Donor Network
Memory Quilt Panel 7



Mississippi
Organ Recovery Agency
"Gift of Life" Quilt III



The Louisiana
Organ Procurement Agency
Donor Memorial Quilts



The Louisiana
Organ Procurement Agency
Donor Memorial Quilts



The Louisiana
Organ Procurement Agency
Donor Memorial Quilts



The Louisiana
Organ Procurement Agency
Donor Memorial Quilts

Each square honors the life and memory of one donor.

Please see the acknowledgements page for more information about the quilts.

New Year's Black Eyed Peas Bring Good Luck

January

Black-eyed Chicken

- 16 oz can black-eyed peas, rinsed and drained
- 2 C cooked chicken breast, chopped
- 1 C diced celery
- 1 C red bell pepper
- 1 C green bell pepper
- ½ C sliced green onion
- ½ C fresh cilantro
- 3 T fat-free Italian salad dressing
- 2 T Dijon mustard
- 6 C lettuce leaves

Combine all ingredients except lettuce in a bowl. Stir well. Cover and chill for 4 hours. Serve on lettuce leaves.

Serving size: ½ of recipe

Calories: 170

Black-eyed Pea Salad

Salad

- 1½ C water
- 1 medium onion, cut in half
- ½ t salt
- ½ t cayenne pepper
- 16 oz package frozen black-eyed peas
- ⅓ C red onion rings
- 4 C leaf lettuce

Dressing

- ½ C chopped red bell pepper
- 3 T chopped parsley
- ½ C red wine vinegar
- ¼ C water
- 1 t olive oil
- ¼ t salt
- ¼ t black pepper
- 1 garlic clove, minced
- ⅛ t hot sauce

Salad

Combine water, onion, salt, and cayenne pepper, in a medium saucepan; bring to a boil. Add peas and return to a boil. Cover, reduce heat, and simmer 40-45 minutes or until peas are tender. Remove and discard onion; drain well. Rinse with cold water, and drain again. Transfer to a medium bowl; set aside. Pour dressing over peas, tossing gently to coat. Cover and refrigerate 8 hours, stirring occasionally. Add red onion just before serving. Serve over lettuce leaves on individual plates.

Dressing

To prepare dressing combine all ingredients and mix until well combined.

Serving size: ⅓ of recipe

Calories: 140



January

National Blood Donor Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		New Year's Day 1	2	3	4	5
6	7	8	9	10 Islamic New Year	11	12
13	14	Martin Luther King, Jr.'s Birthday 15	16	17	18	19
20	21 Martin Luther King, Jr.'s Birthday observed	22	23	24	25	26
27	28	29	30	31		

During National Blood Donor Month, help create a **Donation Friendly America** by visiting your local blood donation center.

Notes:

The American Society of Multicultural Health and Transplant Professionals (ASMHTP)

ASMHTP is a multicultural organization that serves health and transplant professionals by providing leadership in a national capacity on matters of diversity facing the transplant industry.

Heart Healthy Choices

February

Stewed Okra and Tomatoes

- 2 T olive oil
- 1 medium, onion, diced
- 1 clove garlic, minced
- 16 oz frozen, cut okra
- 3 ears of white or yellow corn (kernels removed)
- 2 fresh tomatoes, diced
- ¼ C hot water
- salt and pepper to taste

Sauté onion and garlic in olive oil.

Add okra, corn, tomatoes, water, and salt and pepper to taste.

Simmer and stew about 15 minutes or until okra is tender.

Serving size: ¼ of recipe

Calories: 180

Baked Acorn Squash with Pineapple

- 1 large acorn squash (approximately 32 oz)
- 2 t ground cinnamon
- 1 C crushed pineapple, drained
- 1 t ground nutmeg
- ½ t ground allspice
- ½ t ground ginger

Preheat oven to 350°F. Cut the squash in half and remove the seeds. Place each half, cut side down, in a baking dish. Cover dish and bake for 45 to 60 minutes until squash is soft and tender. Meanwhile, combine the

cinnamon, pineapple, nutmeg, allspice, and ginger. When squash is cooked, remove from oven. Let it cool for 10 minutes. Scoop out the pulp from both halves and combine with the pineapple mixture. Replace mixture into shells and return to the oven and bake for 7 minutes until pineapple mixture is hot and bubbly.

Serving size: ⅓ of recipe

Calories: 80



February

Black History Month & Heart Disease Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

Heart Disease and African Americans

African American adults are less likely than whites to be diagnosed with coronary heart disease. In 2004, however, African American men were 30 percent more likely than non-Hispanic white men to die from heart disease. Heart disease can result from problems such as high blood pressure and obesity. Ask your doctor for advice on treating these conditions.

Data Source: The Office on Minority Health, U. S. Department of Health and Human Services, <http://www.omhrc.gov>.

Notes:

Approximately 500 African Americans are awaiting heart transplants.

Meatless Main Dishes

March

Zucchini Lasagna

- 1/2 lb cooked lasagna noodles, (in unsalted water)
- 3/4 C mozzarella cheese, part-skim, grated
- 1 1/2 C cottage cheese, fat free
- 1/4 C Parmesan cheese, grated
- 1 1/2 C zucchini, raw, sliced
- 2 1/2 C tomato sauce, no salt added
- 2 t basil, dried
- 2 t oregano, dried
- 1/4 C onion, chopped
- 1 clove garlic
- 1/8 t black pepper

Preheat oven to 350° F. Lightly cover a 9 x 13 inch baking dish with vegetable oil spray. In a small bowl, combine 1/8 cup of the mozzarella and 1 T parmesan cheese. Set aside. In a medium bowl, combine remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside. Combine tomato sauce with remaining ingredients. Spread a thin layer of tomato sauce mixture in the bottom of the baking dish. Add a third of the noodles in a single layer. Spread half of the cottage cheese mixture on top. Add a layer of zucchini. Repeat layering. Add a thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil. Bake 30 to 40 minutes. Cool for 10 to 15 minutes. Cut into 6 portions.

Serving size: 1 piece

Calories: 276

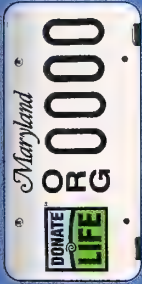
Vegetarian Stuffed Peppers

- 4 red or green bell peppers
- 2 C (1 pint) cherry tomatoes
- 1 medium onion
- 1 C fresh basil leaves
- 3 garlic cloves
- 2 t olive oil
- 1/4 t salt
- 1/4 t pepper

Preheat oven to 425°F. Lightly oil a large shallow baking pan. Cut peppers in half lengthwise and remove seeds. Arrange peppers cut sides up in baking pan and lightly oil cut edges of stems. Halve cherry tomatoes and chop onion and basil. Finely chop garlic. In a bowl toss tomatoes, onion, basil, garlic, olive oil, salt and pepper. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

Serving size: 1/6 of recipe

Calories: 40



March

Kidney Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
Palm Sunday	St. Patrick's Day				Good Friday	
16	17	18	19	20	21	22
Easter	National Doctor's Day					
23	24	25	26	27	28	29
30	31					

National Nutrition Month

Good health is your birthright – protect it!

Pills or supplements can't provide all of the nutrients that fruits and vegetables can.

- Eating more fruits and vegetables help you feel full on fewer calories.
- Fruits and vegetables are naturally high in fiber and water, and low in fat and calories.

To be "kidney smart,"

- Eat no more than 9 teaspoons of sugar per day.
- Drink water instead of sugary soda.
- Eat fruit instead of cakes, candy and other sweet desserts.

Notes:

One-third of patients waiting for kidney transplants are African Americans.
Please say "yes" to organ and tissue donation.

Jamaican Jerk Chicken

Chicken (4 each of skinned breasts and legs)

- ½ t ground cinnamon
- 1 ½ t ground allspice
- 1 ½ t black pepper
- 1t crushed, dried hot pepper
- 1t crushed oregano
- 2 t crushed thyme
- ½ t salt
- 6 cloves finely chopped garlic
- 1C finely chopped (or pureed) onion
- ¼ C vinegar
- 3T brown sugar

Preheat oven to 350° F.

Combine cinnamon, allspice, black pepper, hot pepper, oregano, thyme, salt, cloves, garlic, onion, vinegar, and brown sugar. Rub seasonings over chicken (4 each of skinned breasts and legs). Marinate in refrigerator 6 or more hours. Evenly space chicken on nonstick or lightly greased baking pan. Cover with foil and bake 40 minutes. Remove foil and bake additional 30 to 40 minutes. Drumsticks may be done before breasts.

Serving size: ¼ of recipe

Calories: 199

Jamaican Spinach Soup

- 3 t olive oil
- 1 onion, chopped
- 2 stalks celery, chopped
- 4 cloves garlic, minced
- 2 T fresh ginger root, minced
- 1 T turbinado sugar
- 2 t sea salt
- ¼ t ground turmeric
- ¼ t ground allspice
- ¼ t ground nutmeg
- 2 potatoes, peeled and diced
- 4 C chopped zucchini
- 6 C vegetable stock
- 1 pinch cayenne pepper
- 1 C chopped fresh spinach
- ½ red bell pepper, minced

Heat the oil in a large pot over medium heat. Stir in onion, celery, garlic, ginger, and sugar. Cook 5 minutes, until onion is tender. Season with salt, turmeric, allspice, and nutmeg. Mix in potatoes and zucchini, and pour in the vegetable stock. Bring to a boil, reduce heat to low, and simmer 10 minutes, or until potatoes are tender. Remove soup from heat, season with cayenne pepper, and stir in spinach. Using a hand blender, blend soup until smooth. Garnish with red bell pepper to serve.

Serving size: ¼ recipe

Calories: 123



April

National Donate Life Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
Passover Begins		Earth Day		Take Our Sons & Daughters to Work Day		
20	21	22	23	24	25	26
27	28	29	30			

During National Donate Life Month...

Express your wish to donate on your state's donor registry, your driver's license, and or a donor card.

Discuss your decision to donate with your family and loved ones so they can support your wishes.

Over 27,000 African Americans were waiting for transplants as of October 2007. African American donors number about 1,200 each year.

Notes:

Leafy Greens

May

Smothered Greens

- 2 lbs. of stemless greens (mustard, collard, kale, or mixture)
- 3 C water
- $\frac{1}{2}$ lb skinless smoked turkey breast
- 1 T of freshly chopped hot pepper
- $\frac{1}{2}$ t cayenne pepper
- $\frac{1}{4}$ t of ground cloves
- 2 crushed cloves of garlic
- $\frac{1}{2}$ t thyme
- 1 chopped stalk of scallion

Combine in a large saucepan: water, turkey breast, hot pepper, cayenne pepper, cloves, garlic, thyme, scallion, ginger, and onion. Wash stemless greens and cut into bite-size pieces. Add greens to turkey stock and cook 20-30 minutes until tender.

Serving size: 1 C

Calories: 80

Stir-Fried Kale and Broccoli Florets

- $\frac{1}{4}$ C extra virgin olive oil
- 7 cloves garlic, sliced
- 1 chopped chile pepper (optional)
- 1 head fresh chopped broccoli
- 1 bunch chopped kale, stems removed
- $\frac{1}{4}$ C sun-dried tomatoes, cut in thin strips
- juice of 2 limes
- salt

Heat olive oil in a large wok or skillet over high heat. Stir in garlic and chile pepper; cook for 2 minutes, stirring frequently. Stir in broccoli; cook 1 minute. Add kale, and cook 2 minutes, stirring frequently. Stir in sun-dried tomatoes. Pour in lime juice, and season with salt to taste. Toss well.

Serving size: $\frac{1}{2}$ of recipe

Calories: 111



May



High Blood Pressure Month and Stroke Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
Mother's Day	International Nurse's Day	National Teacher Day				
11	12	13	14	15	16	17
18	19	20	21	22	23	24
	Memorial Day Observed				Memorial Day	
25	26	27	28	29	30	31

Stroke Prevention

Stroke is the third leading cause of death in the United States but new treatments can reduce the damage if treatment occurs as soon as possible – call 911 right away. The best treatment is prevention.

The Warning Signs of Stroke are Sudden:

- numbness, weakness – one or both sides of body
- confusion, trouble speaking
- trouble seeing – one or both eyes
- loss of balance, coordination
- severe unexplained headache

For more information, see the Centers for Disease Control and Prevention Web site at <http://www.cdc.gov/stroke>

Notes:

To reduce the risk for stroke, maintain normal blood pressure and body weight. High blood pressure (hypertension) affects about one in three African Americans.

Sublime Limes

June

Lime Shrimp Kebobs

- 15 large shrimp, uncooked, deveined
- 3 large limes
- 2 cloves garlic, crushed and peeled
- $\frac{1}{2}$ T black pepper
- 2 T olive oil
- 2 T fresh cilantro, cleaned and chopped
- 10 medium cherry tomatoes, rinsed and dried
- 10 small white-button mushrooms, wiped clean and stems removed

In a glass measuring cup, squeeze limes, yielding $\frac{1}{4}$ C of juice. Add the garlic, pepper, olive oil, and cilantro and stir. Place the shrimp in a medium bowl and pour the cilantro lime marinade over the shrimp. Let the shrimp marinate for 10 to 15 minutes in the refrigerator (do not let them marinate for more than 30 minutes as the acid of the juice will alter the texture of the shrimp). Alternate cherry tomatoes, mushrooms, and shrimp on four skewers. Grill the skewers over a medium heat for 3 to 4 minutes on each side until the shrimp are just cooked through.

Serving size: $\frac{1}{4}$ of recipe

Calories: 160

Black Bean Soup with Lime and Cumin

- 4 C cooked black beans
- 1 T olive oil
- 1 T cumin
- 1 C chopped onions
- 1 C sliced carrots
- 2 cloves garlic
- $\frac{1}{2}$ C chopped red bell pepper
- 4 C low-sodium vegetable stock
- $\frac{1}{4}$ C chopped chipotle chiles (or green chiles)
- $\frac{1}{4}$ C plus 2 T lime juice

Heat olive oil in a nonstick or heavy-bottomed frying pan over medium heat. Add cumin, onions, carrots, garlic and bell pepper and cook slowly until browned. Puree the beans with stock in a blender or food processor. Add the vegetable mixture, chipotle chiles, lime juice, and salt to taste. Process until velvety smooth. If the soup is too thick, thin it with more stock. Garnish each serving with a slice of lime floating in the middle and a sprinkling of finely chopped cilantro.

Serving size: $\frac{1}{6}$ of recipe

Calories: 220



June

Vision Research Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
Father's Day	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Celebrate Father's Day by Eating Healthy Foods Important points to consider:

- Black men are at high risk for high blood pressure, diabetes, and heart disease.
- Black men are also more likely than other men to die or suffer health problems from the above three diseases.
- Lower your chances of getting these diseases by eating a diet rich in fruits and vegetables.
- The National Cancer Institute recommends that men eat 9 servings of fruits and vegetables a day to promote good health and protect against these diet-related diseases, and some types of cancer.

Your family and friends are counting on you to be around for a long time.

Notes:

Each year donated corneas restore sight or improve vision for about 40,000 patients. Even those with vision or other health problems may be able to donate corneas. Contact the Eye Bank Association of America at www.restore sight.org or (202) 775-4999.

For a Special Occasion

July

Chickpea Pasta Salad with Oranges

- 4 oz multicolored corkscrew pasta, uncooked
- 2 navel oranges, separated into segments and halved
- 1 1/2 oz can garbanzo beans, rinsed and drained
- 3/4 C broccoli florets
- 2 1/4 oz can black olives, drained, chopped
- 1/2 C sliced green onion
- 1 C diced red bell pepper
- 1/4 C red wine vinegar
- 1/4 C orange juice
- 1 T cardamom
- 1 T basil, dried or fresh
- 1 T crushed oregano
- 1/2 T rosemary, dried or fresh
- 1 clove garlic, minced
- 1/2 t black pepper

Cook pasta according to package directions; drain. Rinse with cold water, drain well again. In a large bowl, combine pasta, orange sections, garbanzo beans, broccoli, red bell pepper, olives, and green onion. Combine dressing ingredients in a container with a lid. Cover and shake until blended. Pour dressing mixture over pasta mixture; toss to combine. Cover and chill at least 1 hour, stirring occasionally.

Serving size: 3/4 salad

Calories: 230

Summer Vegetable Stew

- 1 cube low-sodium vegetable bouillon
- 2 C white potatoes (2-inch strips)
- 2 C sliced carrots
- 4 C summer squash (1-inch squares)
- 1 C summer squash cut in 4 chunks
- 1 1/2 oz can sweet corn (rinsed and drained) or 2 ears of fresh corn (1 1/2 C)
- 1 t thyme
- 2 minced garlic cloves
- 1 chopped scallion
- 1/2 small chopped hot pepper
- 1 C coarsely chopped onion
- 4 chunks of cooked squash
- 1 C diced tomatoes

Boil 3 C water and add all ingredients (except the 4 chunks of squash and 1 C tomatoes). Cook 15 minutes at medium heat. Purée 4 chunks of cooked squash in blender and return to pot. Cook for 10 minutes. Add 1 C diced tomatoes and cook for 5 minutes. Remove from flame and let stir for 10 minutes to allow stew to thicken.

Serving size: 1/2 of recipe

Calories: 119



July

Fireworks Safety Month

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

		1	2	3	4 Independence Day	5
6	7	8	9 U.S. Transplant Games end	10	11 U.S. Transplant Games begin	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

U.S. Transplant Games

The U.S. Transplant Games is a five-day athletic competition held every two years and organized by the National Kidney Foundation.

Athletic participation is open to recipients of bone marrow (stem cell) or solid organ (heart, liver, kidney, lung, and/or pancreas) or tissue transplants. Family, friends, and the general public may attend the games.

The 13 athletic events are a celebration of the successes of transplantation and the gift of life. In 2008, the games will be held in Pittsburgh, PA, on July 11-16.

Notes:

Contact the National Kidney Foundation at www.kidney.org or call 1-800-622-9010 for more information about the U.S. Transplant Games.

Caribbean and Creole Cooking

August

Caribbean Sweet Potato Salad

- 1 large russet potato, peeled and quartered
- 1 large sweet potato, peeled and quartered
- 1 C corn
- 1 t prepared Dijon-style mustard
- 2 T fresh lime juice
- 3 T chopped fresh cilantro
- 1 clove garlic, minced
- 3 T canola oil
- $\frac{1}{2}$ t salt
- $\frac{1}{4}$ t ground black pepper
- 1 cucumber, halved lengthwise and chopped
- $\frac{1}{2}$ red onion, thinly sliced
- $\frac{1}{4}$ C finely chopped peanuts
- $\frac{1}{2}$ C chopped hazelnuts

Place the russet potato pieces into a large saucepan, and cover with salted water. Bring to a boil, turn the heat down, and simmer for 10 minutes. Add the sweet potato, and cook about 15 minutes more. Remove a piece of each potato, and cut it in half to see if it is cooked enough. Once the potatoes are tender, add corn kernels; cook another 30 seconds. Drain through a colander. Fill the saucepan with cold water, and drop vegetables into water. Cool for 5 minutes, and drain. In a large bowl, whisk together mustard, lime juice, cilantro, and garlic. Slowly whisk in oil. Mix in salt and black pepper. Cut cooled potatoes into 1 inch cubes, and add to dressing along with cucumber and red onion. Toss well. Serve at room temperature or chilled. Toss the peanuts in just before serving.

Serving size: $\frac{1}{8}$ of recipe

Calories: 258

20-Minute Chicken Creole

This quick Southern dish contains no added fat and very little added salt in its spicy tomato sauce.

- nonstick cooking spray
- 4 medium chicken breast halves, skinned, boned, and cut into 1 inch strips
- 1 can (14 oz) tomatoes, cut up*
- 1 C low-sodium chili sauce
- 1 $\frac{1}{2}$ C green peppers, chopped (1 large)
- $\frac{1}{2}$ C celery, chopped
- $\frac{1}{4}$ C onion, chopped
- 2 cloves minced garlic
- 1 T fresh basil or 1 tsp dried
- 1 T fresh parsley or 1 t dried
- $\frac{1}{4}$ t crushed red pepper
- $\frac{1}{4}$ t salt

Spray a deep skillet with nonstick spray coating. Preheat pan over high heat. Cook chicken in hot skillet, stirring, for 3-5 minutes, or until no longer pink. Reduce heat. Add tomatoes and their juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling; reduce heat, cover and simmer for 10 minutes. Serve over hot cooked rice or whole wheat pasta.

* To cut back on sodium, try low sodium canned tomatoes.

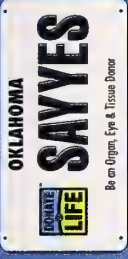
Serving size: 1 $\frac{1}{2}$ cup

Calories: 255



August

National Immunization Awareness Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					National Minority Donor Awareness Day 1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 / 31	25	26	27	28	29	30

Stay up to date on vaccinations

Viral hepatitis can lead to liver failure and the need for a liver transplant. Get immunized if you are at risk for exposure to the hepatitis virus.

The National Minority Organ and Tissue Transplant Education Program (MOTTEP®)

The mission of MOTTEP® is to reduce the number of ethnic minority Americans needing organ and tissue transplants through information and education about healthy life styles and to encourage family discussions about organ donation and thereby increase the actual number of organ donors.

Notes:

In a Moroccan Mood

September

Moroccan Cooked Pepper Salad

- 2 green bell peppers
- 3 T olive oil
- 4 fresh tomatoes, peeled and chopped
- 2 T sugar
- 1½ t paprika
- 1 t fresh parsley
- ½ t cumin
- ½ t salt
- ¼ t garlic powder
- ground black pepper to taste
- 1 (2.25 oz) can sliced green olives

Preheat the oven broiler. Place the green bell peppers on a baking sheet and broil, turning occasionally, 5 minutes, or until tender and scorched on all sides. Remove from heat, peel, and chop. Heat the olive oil in a skillet, and mix in the peppers and tomatoes. Stir in sugar. Season with paprika, parsley, cumin, salt, garlic powder, and pepper. Continue cooking until tomatoes are heated through. Serve topped with olives.

Serving size: ¼ of recipe

Calories: 99

Cold Roasted Moroccan Spiced Salmon

- ¾ t ground cinnamon
- ¾ t ground cumin
- ½ t salt
- ½ t ground ginger
- ¼ t mustard powder
- ¼ t ground nutmeg
- ¼ t cayenne pepper
- ¼ t ground allspice
- 2 t white sugar
- 2 pounds (1-inch thick) boneless, skin-on center-cut salmon fillets
- 1 T fresh lime juice

In a small bowl, combine the cinnamon, cumin, salt, ginger, mustard, nutmeg, cayenne, allspice, and sugar; set aside. Line a baking sheet with foil, then spray with nonstick cooking spray. Rinse the salmon with cold water and pat dry. Lightly sprinkle the skin with the spice mix, then place the salmon skin-side down on the prepared baking sheet. Sprinkle the remaining spice mix evenly over the salmon. Allow the salmon to come to room temperature, 30 to 40 minutes. Preheat oven to 425° F (220° C). Sprinkle the salmon with lime juice and roast in the oven for 12 minutes. Remove from oven and allow to stand at room temperature for 15 minutes. The salmon will still be rare when removed from the oven, but will continue to cook as it rests. After 15 minutes, wrap the fish tightly with foil and refrigerate for at least 2 hours before serving.

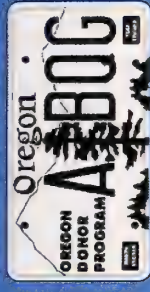
Serving size: ¼ of recipe

Calories: 225



September

Prostate Awareness Month



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	Labor Day 1	Ramadan Begins 2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Take a Loved One to the Doctor Day

Rosh Hashanah

National Hispanic Heritage Month Begins

African American men at greater risk for prostate cancer compared to other ethnic groups.

Notes:

Ask your doctor about screening tests to detect prostate cancer early.

National Cholesterol Education Month

Total Cholesterol: What to do the numbers mean?

Desirable: Under 200 mg/dl

Borderline: Be Alert! 200-239 mg/dl

High: Danger zone! Over 240 mg/dl

"Good" Cholesterol: HDL cholesterol - Over 35 mg/dl

Organ and tissue donors and transplant recipients are of all ages. Don't assume you are too old to donate or too old to receive a transplant.

Hot 'n Spicy

October

Spicy Baked Fish

- 1 lb of cod (or other fishy fillet)
- 1 T of olive oil
- ½ C paprika
- 2 T dried oregano
- 2 t chili powder
- 1 t garlic powder
- ½ t red (cayenne) pepper
- ½ t dry mustard

Preheat oven to 350° F.

Use nonstick cooking oil spray.

Wash and dry cod (or other fish) fillet. Place in dish. Drizzle with olive oil. Coat fish with Hot 'n Spicy Seasoning.

Hot 'n Spicy Seasoning

Mix together paprika, dried oregano, chili powder, garlic powder, red (cayenne) pepper, and dry mustard. Bake uncovered for 15 minutes or until fish flakes with fork. Cut into four pieces. Serve with rice.

Serving size: ¼ of recipe

Calories: 134

Good-For-You Cornbread

Use 1% milk and a small amount of margarine to make this cornbread lower in saturated fat and cholesterol.

- 1 C cornmeal
- 1 C flour
- ¼ C white sugar
- 1 t baking powder
- 1 C buttermilk, 1% fat
- 1 egg, whole
- ¼ C margarine, regular, lobb
- 1 t vegetable oil (to grease baking pan)

Preheat oven to 350° F. Mix together cornmeal, flour, sugar, and baking powder. In another bowl, combine buttermilk and egg. Beat lightly. Slowly add buttermilk and egg mixture to the dry ingredients. Add margarine and mix by hand or with a mixer for 1 minute. Bake for 20 to 25 minutes in an 8 by 8-inch greased baking dish. Cool. Cut into 10 squares.

Serving size: 1 square

Calories: 178



October

National Liver Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Ramadan Ends	3	4
5	6	7	8	9 Yom Kippur	10	11
	Columbus Day					
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	Halloween	31

HEALTHY LIVING begins with small and gradual changes.

Use a variety of herbs and spices instead of salt.
 Have five fruits and vegetables daily.
 Switch to whole grains to get more nutrients, fiber, and flavor.

Tips to protect your liver

To prevent possible liver damage, it is best to reduce alcohol intake to **zero!** Remember that with every alcohol-containing drink, liver damage can occur.

Notes:

Around 5,500 people receive liver transplants each year, yet about 16,500 people are waiting for a liver transplant.

Thanksgiving Day Desserts

November

Pumpkin Parfait

- 1 C pumpkin puree
- 1 oz package instant sugar-free vanilla
- 1 t pumpkin pie spice
- 1 C evaporated skim milk
- 1 C skim milk

In a mixing bowl, combine the pumpkin puree, vanilla pudding mix, pumpkin pie spice, evaporated milk and skim milk. Blend together until smooth; place in parfait glasses and chill until set.

Serving size: ½ of recipe

Calories: 72

Mock Southern Sweet Potato Pie

Crust:

- 1¼ C flour
- ½ t sugar
- ½ C skim milk
- 2 T vegetable oil

Filling:

- ¼ C white sugar
- ¼ C brown sugar
- ½ t salt
- ¼ t nutmeg
- 3 large eggs, beaten
- ¼ C evaporated skim milk, canned
- 1 t vanilla extract
- 3 C sweet potatoes (cooked and mashed)

Preheat oven to 350° F.

Combine the flour and sugar in a bowl. Add milk and oil to the flour mixture. Stir with fork until well mixed and then form pastry into a smooth ball with your hands. Roll the ball between two 12-inch squares of waxed paper using short, brisk strokes until pastry reaches edge of paper. Peel off top paper and invert crust into pie plate.

Filling:

Combine sugars, salt, spices, and eggs. Add milk and vanilla. Stir. Add sweet potatoes and mix well. Pour mixture into pie shell. Bake for 60 minutes or until crust is golden brown. Cool and cut into 16 slices.

Serving size: 1 slice

Calories: 147

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PO000

• Be An Organ Donor •

November

National Marrow Awareness Month

TEXAS

BB01B

Be An Organ Donor



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
		Veterans Day			National Donor Sabbath Begins	National Donor Sabbath
9	10	11	12	13	14	15
National Donor Sabbath Ends						
16	17	18	19	20	21	22
				Thanksgiving Day		
23	24	25	26	27	28	29
30						

Notes:

Bone Marrow, Umbilical Cord Blood, and Peripheral Blood Transplants

Patients with life-threatening blood diseases are often treated with donated blood stem cells that are contained in bone marrow, umbilical cord blood, and in lesser amounts, circulating blood.

There is a critical need for minority marrow donors because matches are more likely to be found among people of the same ethnic heritage.

To register as a donor and/or to learn more about blood stem cell donation contact the
 C.W. Bill Young Cell Transplantation Program,
 call 1-800-526-7809; <http://bloodcell.transplant.hrsa.gov>

For the Holidays

December

Black Skillet Beef with Greens & Red Potatoes

- 1 lb top round beef
- 1 T paprika
- 1½ T oregano
- ¼ t chili powder
- ¼ t garlic powder
- ¼ t black pepper
- ¼ t red pepper
- ¼ t dry mustard
- 8 red-skinned potatoes, halved
- 5 C finely chopped onion
- 2 C beef broth
- 2 large garlic cloves, minced
- 2 large carrots, peeled, cut into very thin 2¼-inch strips
- 2 bunches coarsely torn mustard greens, kale, or turnip greens, stems removed (½ lb each)

As needed nonstick spray coating

Combine paprika, oregano, chili powder, garlic powder, black pepper, red pepper, and dry mustard. Coat strips of meat with the spice mixture. Spray a large heavy skillet with nonstick spray coating. Preheat pan over high heat. Add meat; cook, stirring for 5 minutes. Add potatoes, onion, broth, and garlic. Cook covered, over medium heat for 20 minutes. Stir in carrots, lay greens over top, and cook, covered, until carrots are tender, about 15 minutes. Serve in large serving bowl, with crusty bread for dunking.

Serving size: 7 oz.

Calories: 342

Apple Coffee Cake

Apples and raisins provide the moistness, which means less oil can be used in this low saturated fat, low cholesterol, and low sodium coffee cake.

- 5 C tart apples, cored, peeled, chopped
- 1 C sugar
- 1 C dark raisins
- ½ C pecans, chopped
- ¼ C vegetable oil
- 2 t vanilla
- 1 egg, beaten
- 2½ C sifted all-purpose flour
- 1½ t baking soda
- 2 t ground cinnamon

Preheat oven to 350° F. Lightly oil a 13x9x2-inch pan. In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well. Let stand 30 minutes. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon; stir into apple mixture about ⅓ at a time just enough to moisten dry ingredients. Turn batter into pan. Bake 35 to 40 minutes. Cool cake slightly before serving.

Serving size: 3 inch x 2 inch piece

Calories: 175



December

Safe Toys and Gifts Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Pearl Harbor Day 7	8	9	10	11	12	13
14	15	16	17	18	19	20
	Hanukkah Begins 21	22	23	24	25	26
	Hanukkah Ends 28	29	30	31		27
				Christmas Eve	Christmas Day	Kwanzaa Begins
						Kwanzaa Ends

For holiday celebrations, serve a variety of colorful fruits and vegetables.

Green

Asparagus, green peppers, broccoli, green beans, peas, okra, green grapes, kiwi fruit

Yellow-Orange

Carrots, summer squash, corn, sweet potatoes, yellow peppers, cantaloupe, peaches, pineapples

Red

Cranberries, red grapes, beets, red cabbage, kidney beans, cherries, raspberries

Blue-Purple

Blueberries, eggplant, purple grapes, plums, raisins



Notes:

During this time of giving, think about giving the Gift of Life.
 Sign up with your state's donor registry to assure that your donation decision is carried out.

Acknowledgements

The Louisiana Organ Procurement Agency quilts are displayed at all family services and community events to increase awareness of the need for organ and tissue donors. Each quilt square is from a donor family or transplant recipient and is given in memory of a loved one who so generously donated their organs and/or tissues to improve and give life to others. For more information on Louisiana's Donor Memorial Quilts go to www.lopa.org.

The Mississippi "Gift of Life" quilt panels are displayed at public events and venues throughout the state to promote donor awareness and the life-saving aspect of organ and tissue donation. The squares are handmade tributes of love and life submitted by donor families and transplant recipients. For more information on Mississippi's three "Gift of Life" quilt panels go to www.msora.org.

The squares on the New York Organ Donor Network Memory Quilt are created by donor families to honor and celebrate the lives of their loved ones. Each square contains special details representing the donor's life — photographs, poems, quotes and trinkets. The special connection between donor and recipient is uniquely represented on the Donor Network Memory Quilt. The squares are surrounded by the embroidered framework of randomly chosen transplant recipients by first name and initial letter of last name. In a most powerful way, the acknowledgement of donors and recipients visibly symbolizes the men, women and children of all colors, ethnicities and religions who together have completed the "circle of life." For more information on the New York Organ Donor Network's quilts, go to www.donatelifeny.org.

Sources for the recipes included in this calendar:

U.S. Department of Health and Human Services, The Centers for Disease Control and Prevention. For more healthy fruit and vegetable recipes, go to <http://apps.nccdc.cdc.gov/dnparecipe/recipesearch.aspx> or call 1-404-639-3534 / 800-311-3435

U.S. Department of Health and Human Services, National Institutes of Health, the National Heart, Lung, and Blood Institute publications, *Heart Healthy Home Cooking – African American Style* and *Keep the Beat-Heart Healthy Recipes*. Copies can be obtained at www.nhlbi.nih.gov or call 1-301-592-8573.

U.S. Department of Health and Human Services, National Institutes of Health, National Cancer Institute publication, *Down Home Healthy*. Copies can be obtained at www.nci.nih.gov or call 1-800-4-CANCER (1-800-422-6237).

Some recipes courtesy of www.allrecipes.com and the Mann Clan Family Reunion Recipe Collection.

Join the *Workplace Partnership for Life* – a collaboration with companies and associations and their employees and members who work together to help create a *Donation Friendly America*. www.organdonor.gov or call 301-443-7578.

Notes:



A series of horizontal blue lines for writing, starting with two lines under the 'Notes:' label and followed by 18 more lines.



African Tapestry

